



Etowah City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Etowah City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Etowah City School System that includes:

- School Health Advisory Committee
- One Healthy School Teams
- School Health Policies strengthened or approved include mental health and the physical education/physical activity (PE/PA) policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$26,900

Community partnerships have been formed to address school health issues. Current partners include:

- Tennessee Valley Water Safety Service
- Woods Memorial Hospital
- Etowah Recreation Association
- McMinn Health Department
- UT Extension Office
- McMinn Health Council
- 21st CCLC Program
- Johns Manville
- Sonic Restaurant
- Daily Post Athenian
- TENNderCare Outreach
- Smiley Chiropractic
- YMCA
- TWC
- Etowah City Beta Club

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Field Day, Game Day, Family Engagement Night, School Health Advisory Committee. Currently, 34 parents are collaborating with CSH;

Students have been engaged in CSH activities that include Field Day, Family Fun Night, Fitness Club, Project Alert, Game Day, Health Week Activities. Approximately 92 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Etowah City School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care – screened 352 students and 30 were referred;

Students have been seen by a school nurse and returned to class – 1929;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI Data 2010-11-Underweight – 3%, Normal - 62%, Overweight/Obese – 35%.

There was improvement revealed when comparing 2009 to 2011 Overweight or Obese 2009 – 40% to 2011 – 35%) A 5% reduction in this category has been observed since 2009.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: fitness rooms for students and staff, Michigan Model and Take 10! health/physical activity programs, Project Alert Drug Awareness, playground equipment, bullying and self-esteem programs/materials, Wii games for student after-school fitness program, physical fitness games, treadmill and exercise bikes for teachers and students;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CPR training, drug awareness training (Project Alert), mental health awareness, and Take10! training;

School faculty and staff have received support for their own well-being through a staff fitness room, Health Fair, staff health screenings, YMCA membership incentives, and the Logging Physical Activity Time contest,

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions include increased health education minutes throughout school setting, supplemental health instruction provided to increase physical education/physical activity within the school setting through a part-time certified health instructor, made available Michigan Model comprehensive health program, provided in-service training for staff related to health education need, implemented Project Alert Program, implementation of drug program to prevent substance abuse usage for junior-high age students, provided health fair for the school and community, and provided health screenings for students including Body Mass Index;

- Physical Education/Physical Activity Interventions include an After-School Fitness Program for students in grades 3-6, provided physical activity games for students during afternoon bus duty time, incorporated a Game Day and Field Day for Students including inflatable obstacle course activity, provided in-service for teachers related to Take10! physical activity within the classroom setting, provided local exercise science major to help with outdoor games during recess time to promote increase in physical movement activities, staff physical activity Incentive competition each semester which involved logging physical activity time and receiving rewards related to physical activity provided grade-appropriate playground equipment to increase movement activity during outside play, implemented “Classes Swim” program for students through partnering with local YMCA, teacher fitness area provided to increase physical activity and staff wellness, incorporating a Race to Top Fitness Area to promote indoor activity and stress correlation with academics (also used as a physical activity room/recess area for students during winter months and inclement weather);
- Nutrition Interventions include Michigan Model instruction, Healthy Snacks and food guidelines observed, part-time health instructor nutrition lessons for k-6, in-service for staff related to nutrition activities and nutrition data;
- Mental Health/Behavioral Health Interventions include counselor weekly group activities, Project Alert drug and positive behavior awareness and a mental health policy.

Student involvement in physical activity is seen as the most significant change at Etowah City School due to the CSH program implementation. Students are now involved in several regular school day activities promoted by CSH as well as after-school time activities. The programs implemented since the initial phase of implementing CSH within the school include activities such as “Classes Swim” at the YMCA, Family Night, After-School Fun and Fitness Program, Project Alert Resist Substance Abuse Program, “Hustle to the Bus” Activity Time (organized physical activity/games during bus duty time), Game Day for All Time, Part-time instructor for health education (Michigan Model) inclusion, Grade Level Playground Equipment Added to the School Facility, Teacher Fitness Area, and a “Race to the Top Fitness Room” with stations for students to benefit physically and academically.

In such a short time, CSH in the Etowah City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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